



#10 E. 6150 S.  
801-264-2635  
[www.murray.utah.gov](http://www.murray.utah.gov)

Accredited by   
National Institute of  
Senior Centers

### Skin Cancer Screening

Dr. Rolfe Horsley from IHC will be at the Center on **Thursday, October 8 at 10:00** for skin cancer screenings. Appointments are needed, sign up now. It is always good to have your skin checked after the summer months. Most skin cancers are highly curable, more common among women with light pigmented skin, a family history of melanoma, personal history or diagnosis of non-melanoma skin cancer or pre-cancer. This is a free service.

### Blood Testing

IHC Laboratories will offer Blood Testing on **Thursday, November 5 from 9:00-11:00**, appointments are needed. The fee is **\$35** for a Lipid Profile, and Hemoglobin A-1C. Appointments are needed, sign up now. Payment is made to IHC the day of testing.

# Heritage Center

The Heritage Center is 55+

October 2015 Supplement

## Flu Shots—Tuesday, October 13 from 10:00-12:00



1. Myth: Only the elderly and those at high risk need to be immunized. Fact: Influenza can make anyone, including the healthiest among us, seriously ill, and even if you don't develop symptoms yourself, you can pass the virus on to others. Fight the flu, it starts with you!
2. Myth: The flu shot itself can give you a case of the flu. Fact: The virus used in the vaccine is grown in chicken eggs and killed off before it reaches your bloodstream. There's nothing in it capable of causing the flu.
3. Myth: You need a doctor's appointment for a shot. Fact: Drugstores and health clinics everywhere provide walk-in vaccinations. No appointment needed for the Heritage Center on Tuesday, October 13 from 10-12:00. Community Nursing Services are providing the service. Bring Medicare or insurance cards.
4. Myth: If I have a cold, I should postpone getting a flu shot. Fact: As long as you're not suffering from a major illness or running a temperature, the flu shot doesn't present a health risk for you, according to experts.

## Heritage Center Outdoor Pickleball Court Hours

Monday-Friday 8:00-4:15 and Thursday until dark. Equipment available at the front desk. Learn to play and Open play indoor/outdoor Mondays 10-12 and Thursdays 9-11. Instruction provided the first hour.



## Park Center Pickleball Hours (Park Center located in Murray Park)

Tuesday & Thursday 8:00-12:00. Park Center membership needed or \$25 for six visits or pay by the visit.

Free Root Beer Floats will be offered

Friday, October 30 from 11:00-12:00

Liberty 5th graders parade

their costumes at 12:00 noon



# 2015 Heritage Center Events



Heritage  
Center  
#10 E. 6150 S.  
(West of State)  
801-264-2635  
[www.murray.utah.gov](http://www.murray.utah.gov)  
[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)

We are here to  
serve you  
Monday-Friday  
8:00-4:30 and  
Thursday until  
10:00 PM

Monday		Tuesday	
<div><p>The Food Drive for the South Valley Boys &amp; Girls Club is going on during the month of October. A bin is located in the lobby for your donations. Thanks for your help!</p></div>			
9:00 NIA 9:00 Beginning Watercolors 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: <b>Hot Pursuit</b> 2:00 Strength Conditioning 5:00 Golf Banquet	5	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Medicare: New Retiree Class 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	6
9:00 NIA 9:00 Beginning Watercolors 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Basic I Computer Class 1:00 Movie: <b>Age of Adaline</b> 2:00 Strength Conditioning	12	8:30 Ceramics 9:00 Stretch/ Haircuts 9:30 Line Dancing 10:00 Antelope Island State Park 10:00 Flu Shots 10:30 Tai Chi 11:00 Canasta / Attorney 11:30-12:30 Lunch 12:30 <b>No Exercise Help</b> /12:45 Crafts 2:00 Beginning Line Dance/Wood Craft	13
9:00 NIA 9:00 Beginning Watercolors 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Basic I Computer Class 1:00 Movie: <b>Cinderella</b> 2:00 Strength Conditioning	19	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare Counseling 12:30 Increase Happiness II 12:30 Exercise Help / 12:45 Crafts 2:00 Beginning Line Dancing	20
9:00 NIA 9:00 Beginning Watercolors 9:00 Computer Help 9:30 AARP Smart Driving Class 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: <b>Monkey Kingdom</b> 2:00 Strength Conditioning	26	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Vital Aging: Improving Memory 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	27

Wednesday		Thursday		Friday	
<div>NOTE — the Soiree scheduled for Thursday, October 1 has been cancelled. Watch for another one in the spring.</div>		8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:00 Fall Colors Trip 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 12:45 Happy Hats / 1:00 Computer 2:00 Strength Conditioning 7:00 Dance	1	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	2
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge	7	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:00 Golden Spike National Site 10:00 Skin Cancer Screening 10:30 Tai Chi 11:30-12:30 Lunch 12:00 Card Making Class 12:30 Game Day / Exercise Help 1:00 Computer / 2:00 Strength 3:30 Jam Session 7:00 Dance /UTE RC	8	9:00 Zumba 10:00 Yoga 11:00 Oktoberfest 11:15 <b>NO Chair A'Robics</b> 11:45 Massage 12:45 Bingo 1:00 Bridge	9
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 SLN: Minuteman Missiles 12:30 Basic I Computer Class 12:30 Stepping On 12:45 Bingo 1:00 Bridge	14	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 10:30 Medicare 101 11:30-12:30 Lunch 12:30 Game Day / Happy Hatters 12:30 <b>No Exercise Help</b> 1:00 Computer Help 2:00 Strength Conditioning 7:00 Dance	15	9:00 Zumba 10:00 Yoga 11:00 Blood Pressure/Glucose 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Basic I Computer Class 12:45 Bingo 1:00 Bridge	16
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Basic I Computer Class 12:30 Stepping On 12:45 Bingo 1:00 Bridge	21	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:00 Antelope Island State Park 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 1:00 Computer Help 2:00 Strength Conditioning 7:00 Dance	22	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	23
9:00 Painting 9:00 Grantsville Breakfast 9:15 Pinochle 10:00 Yoga 10:30 <b>NO Transportation</b> 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge	28	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 9:30 Toe Nail Clippings 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Earthquake Presentation 12:30 Game Day / Exercise Help 1:00 Computer Help 2:00 Strength Conditioning 7:00 Dance	29	9:00 Zumba 10:00 Yoga 10:30 Transportation 11:00-12:00 Free Rootbeer Floats 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:00 5th Graders Parade Costumes 12:45 Bingo 1:00 Bridge	30

## Program Reminders

### Recreation

Jam Session—Thursday, Oct 8 at 3:30

Pickleball—Monday & Thursday morning

### Services

Blood Pressure and Glucose checks on Thursday, Oct 1 and Friday, Oct 16 at 11:00

Flu Shots—Tuesday, Oct 13 from 10-12

Attorney—Tuesday, Oct 13 at 11:00

Barbershop every Tuesday morning

Computer Help \$3 Monday, Tuesdays & Thursdays—call for appointment

Massage Therapy—Friday 11:45-3:45

### Classes

Meditation—Monday, Oct 5, 12, 19, 26 at 10:30

Stepping On—Wednesday, Oct 7, 14, 21, 28 at 12:30

Card Class—Thursday, Oct 8 at noon. \$11 for 4 cards.

Computer Basic—Mon, Wed, Fri, Oct 12, 14, 16, 19, 21 from 12:30-1:45

Wood Craft—Tuesday, Oct 13 at 2:00. Cost \$5 and includes all supplies

Senior Learning Network: Minuteman Missiles—Wednesday, Oct 14 at 12:30

Medicare Counseling—Tuesday, Oct 20 at 12:00

AARP Smart Driving—Monday, Oct 26 at 9:30

Vital Aging—Tuesday, Oct 27 at 10:30

Wednesday Painting Class begins Nov 25-Dec 30 – sign up Tuesday, Oct 27

Exercise every day—check the front desk for a schedule of classes

*Save the date! Watch for information coming in the November Newsletter on tickets for the Veteran's Day Brunch on Monday, November 9*

## October Classes

### Look What I Made

On **Tuesday, October 13 at 2:00**, Susan Callaway will be at the Center to instruct participants in creating their own Sammie the Scarecrow. The cost is \$5 and all supplies are included. Registration and payment is needed in advance. You will be able to finish the project and take it home the day of the class. Check out the sample in the cupboard and sign up today.

### Medicare 101

On **Thursday, October 15 at 10:30**, a representative from Select Health will be at the Center to help you understand the many facets of Medicare. This class will give you the basics of Medicare so you can feel comfortable picking the right plan for you. They will cover Medicare basics like Medicare part A, B, C, and D and what they mean. During this class, you will be presented with information that will enable you to make intelligent choices that will fit your medical needs. This is a free class, register now. Medicare Open Enrollment is October 15 thru December 7.

### Increasing your Happiness Part II

On **Tuesday, October 20 at 12:30**, Jody Davis from Care Source will be returning to discuss **"101 Important Questions to Ask Yourself."** Everyone is invited to attend. Returning participants from the September 8<sup>th</sup> class should have prepared 1, 2, or 3 questions from the 101 Important Questions and be ready to discuss them in the October 20 class. If you missed the September class, no problem, come into the Center and pick up a copy of the **"101 Important Questions To Ask Yourself;"** spend some time reviewing this handout and think about your questions to discuss with the group in October. Come and join in this discussion and gain some new tools for recapturing happiness in your life. This is a free class, register now.

### Earthquake Preparedness Class

On **Thursday, October 29 at 12:30** Salt Lake Community College Students will be at the Center to present a class on Earthquake Preparedness. They will share with you some valuable tips on how to prepare, plan, stay informed, before and after an earthquake. This is a free class, register now.

### Watercolors Made E-Z II

John Fackrell will begin a new Watercolors Made E-Z II on **Monday, November 2** and run through **Monday, December 7**. Class time is **9:00-12:00** and the cost is **\$30**. Some prior Watercolor experience is necessary to participate in these classes. Sign up begins Thursday, October 8. Space is limited, sign up early.

Oktoberfest—Friday, October 9 from 11:00-1:30

Cost—\$8 for Pretzel, Rootbeer, Lunch & Entertainment

Check with the front desk to see if seats are still available!